WIESBADEN GOUT-WATER

ITS USE AND EFFECT

BY

DR. BUDDEE, PHYSICIAN.

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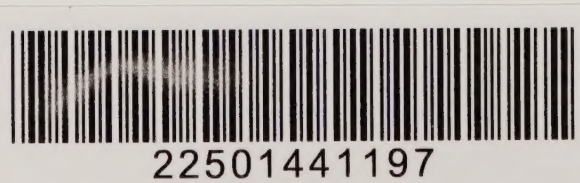

Wiesbaden Gout-water

Its Use and Effect

By

Dr. BUDDEE,

Physician.

[ca. 1903]

WIESBADEN GOUT-WATER.

This water, when taken in sufficient quantity, is an absolutely certain remedy for Gravel and Uric Acid Calculi, and a most certain prophylactic against both Acute and Chronic attacks of Gout.

WIESBADEN GOUT-WATER

Can be obtained from any Chemist, Mineral Water Dealer and Stores throughout the United Kingdom.

MUNICIPAL SPRING OFFICE,

WIESBADEN.

Sole Agents for
Great Britain, Ireland, the Colonies and Possessions:

HERTZ & CO.,

Manufacturing Chemists,

9, Mincing Lane, LONDON, E.C.

oooooOOOOOOO

Bombay Agency:
KEMP & CO., Limited,
7, Elphinston Circle,
BOMBAY.

Calcutta Agency:
SMITH, STANISTREET & CO.,
CALCUTTA.

Melbourne Agency:
GRIMWADE, RIDLEY & CO.,
MELBOURNE.

Sydney Agency:
HARRISON & ATTWOOD,
334 and 336, George Street,
SYDNEY.

NOTICE.

Patients suffering from Constipation should add to the **Wiesbaden Gout-water** some

WIESBADEN HOT SPRING DRINKING SALT

(a small teaspoonful per glass) in order to obtain the desired effect.

All other products of the Wiesbaden Springs, such as Hot Spring Soap, Hot Spring Bath Salt and Pastilles may be had of the Agencies mentioned above.

AMONG those diseases which develop very often into a chronic and obstinate state, those which impede the proper renewal of waste tissues are very common indeed. Gout, rheumatism and diabetes may be mentioned as well as those diseases which form concretions, namely, kidney, bladder or gall stones and calcination of arteries. Several of these diseases, especially gout and formation of stones, will produce violent painful attacks, and the physician may be able to alleviate the suffering of the patient during the acute state of the disease. Our scope of usefulness begins here, by trying to prevent such attacks in the future. Whoever is predisposed to these diseases may be absolutely sure that the attacks will recur unless preventatives are taken, and new stones will again form, although others have been passed through the natural channels or may have been taken away by surgical means.

Preventatives for these diseases are medicinal mineral-water cures and diet. In order to be effective, however, the former have to be maintained for a long time, and they must be repeated annually. Not everybody is able to spare the time or money to pass several months at the Springs in order to drink the waters at their source, and therefore many people are compelled to commence the cure at home.

I will endeavour, therefore, to speak briefly about those diseases where a home cure will give good results.

GOUT.

We know that gout is founded upon uric acid diathesis. The blood of rheumatic persons contains a far greater percentage of uric acid than that of healthy people. In acute cases of gout this uric acid is passed into the lymphatic ducts and the tissues through the circulation, and forms there painful gouty deposits by crystallizing. It may also form deposits which can or cannot be felt externally. (Thophi.)

In acute cases the joints are amenable to the disease especially the joints of the big toes, the left toe being generally the seat of the first attack. The explanation of this is simple. This spot is farthest away from the lymphatic circulation.

The secretion of uric acid salts is formed in the cartilage of the joint, the ligaments or capsule. It may also appear in the tendons, the periosteum, the dermic membrane and the external ear.

While in acute gout pain and visible changes disappear again more or less rapidly, the gradual but constant deposit of uric acid is observed in chronic cases. Gouty lumps remain and change in sensitiveness, this change being frequently dependent on the weather. During a cooler temperature a larger exudation of uric acid crowds the older deposits, thus giving more pain, while these pains will subside as soon as the crystalline exudations become amorphous through partial dissolution. In acute or chronic gout, symptoms will appear in time which will affect seriously the general health of the patient. The digestive and respiratory organs will be attacked, oftener still changes are observed through gouty deposits in the heart, kidneys and arteries. Nephritis and apoplexy will often cause the death of gouty persons.

Our chief endeavour in the treatment of gout will be to prevent the formation of too much uric acid in the blood and to drive away all that is superfluous after palliative remedies have done their part in acute cases. Uric acid contains nitrogen in great quantities, and it can be formed in the body only out of nitrogenous—i.e., albuminous food. This is an important point for the diet of gouty patients, as it is obvious that in order to curtail the supply of uric acid in the blood, meat should not be eaten extensively, but mostly vegetable food.

Notice must be taken, however, that a large percentage of gouty patients suffer from obesity, thus necessitating a combat against two enemies of the human organism at the same time. These patients should, as much as possible, avoid food which contains hydrocarbonates, such as farinaceous food and sugar. Wherever these two factors, each demanding a different diet, come together,

THE DIET

has to be modified accordingly. Poor people are just as liable to be attacked by gout as those living in affluence, although the latter class favours the disease through excesses in their

diet. The disease shows hereditary traits, and it is supposed that an individual predisposition must be present in uric acid diathesis.

All physicians agree in their opinions regarding the avoidance of spirits during the acute stages of gout, and that these foods must be curtailed after the attacks have passed, as they favour the formation of uric acid. We must supply the patient with food which prevents excess of this poison and reinstates the normal alkalinity of the blood disturbed through uric acid diathesis. The remedy must be of such a nature that it may be taken indefinitely without complicating the case.

There are a number of remedies which serve to combat an acute attack of gout, but they are not fit to be taken for any length of time. Patent medicines may be considered very dangerous, however quickly they sometimes overcome acute attacks of gout. A patient may take them without the knowledge of his physician, without reflecting that quick relief is not secure and lasting, not to mention the damage to his constitution through this class of medicine.

Piperazine and Uricedine are remedies with the reputation that they may be given for a length of time, but I have experience to the contrary regarding the former. Professor MENDELSOHN showed that Piperazine dissolves uric acid crystals very well, but he showed also that it loses this property as soon as urine is added.

However, what is proved by chemical test does not prove that the same process is enacted in the body. Piperazine is used, in some instances, as an addition to mineral waters in connection with the anti-neuralgic drug Phenocollum. This mixture is then sold as a specific against gout, but there is no doubt that it is unfit for use for any length of time. Uricedine, as well, has no effect whatever in acute cases. It is composed chiefly of Citric Acid and Epsom Salts. Many patients believe also that they can drive gout away by drinking the juice of dozens of lemons every day, a habit which should not be acquired.

The use of a 2 per cent. solution of urea against uric acid diathesis is founded upon an experiment which was made in the Heidelberg Pharmacological Institute. It was observed there that 2 litres of a 2 per cent. solution of urea dissolved one gramme of uric acid. There are a number of remedies which are said to dissolve uric acid--to mention only a few, such as New Sidonal, Sidonal, Urosin, Quinatropin and Urol. These drugs may indeed be valuable in curing gout temporarily ; a continued use of them is, however, out of the question.

Mineral waters, which flush the body, are best adapted for a continued treatment of uric acid diathesis. (*Vide* Professor KLEMPERER, Berlin, Therapie der Gegenwart, Vol. 1, 1903.)

Among these, Wiesbaden Gout-water is the most prominent according to the opinion of many physicians, besides that of the author.

Dr. C. MORDHORST, of Wiesbaden, has studied thoroughly the uric acid diathesis and the materials which will dissolve an excess of uric acid in the body, and his experiences and results were made known through his lectures and publications on this subject.*

Dr. MORDHORST found in his researches that :—

1. Gouty patients eliminate more uric acid than people in health or those suffering from rheumatism.

2. The more acid the urine, the greater is the tendency to precipitation of uric acid (other constituents being the same).

3. The urine of gouty patients is, as a rule, abnormally acid.

4. The specific gravity of the urine of gouty patients is abnormally high.

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* Regarding the conspicuous property of the *Wiesbaden Gout-water* to dissolve uric acid, the following publications may be mentioned : Berl. Klin. Wochenschrift, No. 33, 1896, and No. 14/47, 1897. Zentral-Blatt fur innere Medizin, No. 17, 1898. Therapeutische Monatshefte, No. 8, 1893. Deutsche Medizinal-Zeitung, No. 24 u. 25, 1897. Zeitschrift fur Klin. Medizin, No. 1/2, 1896. Munchener Med. Wochenschrift, No. 27/29, 1894. The Lancet, No. 25, 1898. Zeitschrift fur Behandlung Epileptischer, No. 2/3, 1897, etc.

5. Uric acid precipitation is, on the whole, greater in gouty patients than in cases of rheumatism or in health.

6. Neutral or alkaline urines never contain either urates or free uric acid.

7. Neutral urines dissolve 9 to 10, alkaline 16 to 17 times as much uric acid as faintly acid urines.

8. In order to achieve satisfactory results in gouty cases, it is often necessary for a considerable period to take enough of a strongly alkaline muriated mineral water to render the urine markedly alkaline during the greater part of the day.

9. Fachingen and Vichy waters often disagree with the digestion (loss of appetite and constipation), and are badly borne if taken for any length of time, on account of the large quantity of lime salts they contain.

10. All strongly calcarious springs cause a precipitation of phosphate and carbonate of lime in all alkaline urine, which may tend to increase the size of any calculi, if present.

11. Wiesbaden Gout-water contains so little bicarbonate of lime that any precipitation of phosphates or carbonates of lime in the alkaline urine is out of the question.

12. Of all mineral waters, Wiesbaden Gout-water has the greatest solvent action on uric acid, and is exceedingly well borne even when taken daily for years.

13. Drinking from one to two bottles of Wiesbaden Gout-water daily reduces the precipitation of uric acid by about one half.

14. The daily use of one to two bottles of Gout-water prevents, with absolute certainty, the formation of gravel and renal calculi.

15. In order to neutralize the tissues especially liable to gout, and in order to dissolve uratic deposits, it is occasionally necessary to take as many as two to three bottles of Wiesbaden Gout-water a day.

It would be going too far to elaborate upon all the findings of Dr. MORDHORST. The main result remains: that in

Wiesbaden Gout-water there has been found a splendid combination of those substances which may be given to gouty patients to ensure good results.

In his work, " On the Noxious Influences of Lime Salts in Gout and in Advanced Age," Dr. MORDHORST explains that he differs in his opinion from that of VON NOORDEN and others, who contend that carbonate of lime has a favourable influence upon uric acid diathesis. They claim that it binds phosphoric acid, thus liberating alkalies in the blood and tissues. I claim that a supply of carbonate of lime is liable to form several chemical unions—for instance, one with uric acid—whose results are secretions in the tissues, difficult to eliminate.

Lithium has a reputation of being able to dissolve uric acid, but this is proved only in chemical tests, the same as with Piperazine. Lately it has been proved that Lithium is unable to attain this result in the human body. ROSE claims that it forms a nearly insoluble salt of triphosphates with triphosphate of soda, or with the triphosphate of ammonia and soda. In larger doses Lithium may be dangerous, according to BINET and STIRLING, as it is the most poisonous of all alkaline earths.

It is obvious, therefore, that a mineral water which is to be used for the dissolution of uric acid should not be judged according to the quantity of Lithium it contains.

Dr. MORDHORST* has proved that bicarbonate of soda can exert the most influence upon the elimination or the avoidance of uric acid in the human body.

STADELMANN has shown that bicarbonate of soda may be given without any damage in doses of 20—30 gr. in carbonated waters, to which a small quantity of salt is added. ROSENBACH contends, however, that this quantity taken daily in a dry state may produce in time enlargement of the stomach. In waters containing carbonic acid and salt, bicarbonate of soda may be favourably taken even if there is no part of carbonate of lime in it, such as Wiesbaden Gout-water.

From the above reports we may deduce that a mineral water is the best agent to dissolve uric acid when it contains the

* Lecture delivered by Dr. C. Mordhorst at the XI. International Medical Congress in Rome.

largest proportions of bicarbonate of soda and salt, and at the same time the smallest amount of lime salts. The amount of Lithium it may contain is not important. The following analysis of Wiesbaden Gout-water proves that these conditions are fulfilled by it in the fullest measure :—

Composition of Natural Mineral Waters recommended for Gout and their principal Constituents.

1,000 parts by weight of water contain :	**Wildungen** Helenenquelle	**Obersalzbrunn** Kronenquelle	**Bilinер** Sauerbrunnen	**Fachingen**	**Vichy** Célestins	**Vals** Désiréequelle	**Wiesbaden Gout-water**
Sodium Chloride	1.0437	0.05899	0.3815	0.6310	0.5340	1.000	7.4766
	Potass. sulph.	Potass. sulph.			Potass. Bicarb.	Potass. Bicarb.	
Potassium Chloride ..	0.0278	0.04086	—	0.0397	0.315	0.263	0.1780
		Bicarb. lithia	Lith. Carbon.				
Lithium Chloride ..	—	0.01140	0.01089	0.0072	—	—	0.0221
Ammonium Chloride	—	—	—	0.0019	—	—	0.0165
Calcium Chloride ..	—	—	—	—	—	—	—
Sodium Bromide ..	—	—	—	0.0002	—	—	0.0048
Sodium Iodide ..	—	—	—	0.000009	—	—	trace
Calcium Sulphate ..	—	—	—	—	—	0.200	—
				Sulph. potass.			
Sodium Sulphate ..	0.0139	0.18010	0.7192	0.0478	0.2910	—	0.0957
				Sodium Nitr.			
Sodium Carbonate ..	—	—	3.3634	0.0009	—	—	0.3221
			Calc.				
Sodium Bicarbonate	0.8455	0.87264	Carb.	3.5786	5.1030	6.040	8.1557
Calcium Bicarbonate	1.2699	0.71264	0.4105	0.6253	0.4620	0.571	0.0931
			Magnes Carbon.				
Magnesium Bicarbonate	1.3638	0.40477	0.1716	0.5770	0.3280	0.900	0.2774
Strontium Bicarbonate	—	0.00280	Carbon.	0.0040	0.0050	—	0.0047
Ferrous Bicarbonate	0.0187	0.00913	0.0010	0.0052	0.0040	0.0010	0.0014
				Baryta			
Sodium Arseniate ..	—	—	—	0.0003	0.0020	—	0.0002
Calcium Arseniate	—	—	—	—	—	—	—
					Sodium Phosph.		
Sodium Borate ..	—	—	—	0.0004	0.091	—	0.0009
Calcium Borate ..	—	—	—	—	—	—	—
Silicic Acid	0.0310	0.03460	0.0434	0.02549	0.0600	0.058	0.0631
Solid constituents ..	4.5000	2 33057	5.3394	5.5542	8.244	9.142	16.7123

From this analytic list it is evident that Wiesbaden Gout-water contains more bicarbonate of soda and chloride of soda than any other water, while its proportion of lime is the smallest.

This lime can be called a trace only, as shown in the following list :—

Lime in 1,000 parts of water :—

Wiesbaden Gout-water	0.093 of lime.
Bilin	0.410 ,,
Vichy	0.462 ,,
Vals	0.571 ,,
Fachingen	0.625 ,,
Salzbrunn	0.712 ,,
Wildungen	1.269 ,,

The comparison shows that Bilin water, although containing next to Wiesbaden Gout-water the least lime, still shows five times as much.

Before referring to the directions in using Wiesbaden Gout-water I shall illustrate the condition of the urine of gouty patients. In its normal state its reaction is almost always acid, but it may be made alkaline through a vegetable diet. During a Wiesbaden Gout-water cure the urine should become alkaline.

In this manner the effect of the Wiesbaden Gout-water may be controlled, and the quantity to be taken daily may be set down according to its effect on the acidity of the urine. Two bottles daily may suffice to commence with, but in some cases three are necessary in order to effect the desired result. This quantity may be divided into equal parts over the entire day, replacing other liquids at the table.

It would be impossible to drink such quantities of other waters, owing to their large content of lime favouring the formation of calculi. One of the first cases which came to me in my practice about 10 years ago is worth mentioning, as I was able in the treatment to use Weisbaden Gout-water in sufficient quantities, thus showing me plainly its excellent qualities. A lady suffered from pains in her joints, sometimes in the lower, at other times in the upper extremities, and slight swellings were observed. Orthodox treatment promptly relieved the pains, but they came back regularly, jumping from one joint to the other. This lasted for some time, the intervals being shorter or longer. The patient was mostly unable to walk. Her brother, a fellow physician, met me in consultation, in which we decided on Wiesbaden Gout-water.

She commenced with two bottles daily for some time, went down to one and a-half and later to one bottle, when the pains subsided. After a short while she was able to resume

her walks, and undertook even longer excursions with her husband. After using Wiesbaden Gout-water for 18 months she stopped, and had no more trouble for four years, when she drunk 50 bottles more on account of slight pains. Since then she has been free of gout. Since I have had such success with Wiesbaden Gout-water I have studied it more and more, and now I recommend it in all cases of gout. Whenever it is used according to my directions, I have been gratified by the best results. Other physicians have had the same experience, and appreciate the Wiesbaden Gout-water in uric acid diathesis. I claim that a strict diet may be dispensed with when strict attention is paid to the regular consumption of Wiesbaden Gout-water.

A strict diet cannot always be maintained, with male patients especially, when they have to abstain from indulging in so many things. As soon as their troubles have disappeared or alleviated, they will, through social obligations, fall back into old habits. Wiesbaden Gout-water can be used as a prophylactic in such cases, and should not be discontinued, in order to counteract the increased formation of uric acid.

RHEUMATISM.

In rheumatism, as well as in gout, the use of Wiesbaden Gout-water is advantageous. There is no doubt that the large majority of rheumatic affections is also based upon the elimination of uric acid salts into the muscle tissues. Dr. MORDHORST considers rheumatism the first stage of gout. According to his opinion, rheumatism evolves as follows: The affected part is warm and consequently rich in blood. The latter contains a large amount of uric acid, but, being alkalescent, is not saturated with it, as its alkalescence is always lower than that of the blood. If the body is cooled suddenly the liquid parts will lose a certain proportion of their ability to dissolve the uric acid, thus precipitating it. If the cooling lasts only a short time, circulation in that particular part is restored. This may be effected by abundant exercise, increased action of the heart, or by local means, such as massage or warmth, thus increasing again the ability of the blood to dissolve the uric acid and drive the rheumatism away.

In case, however, the cooling has lasted too long and the precipitation has become obstinate, the solution may not suffice, and the disease is prolonged. The use of Wiesbaden Gout-water will cure such cases by dissolving the excess of uric acid.

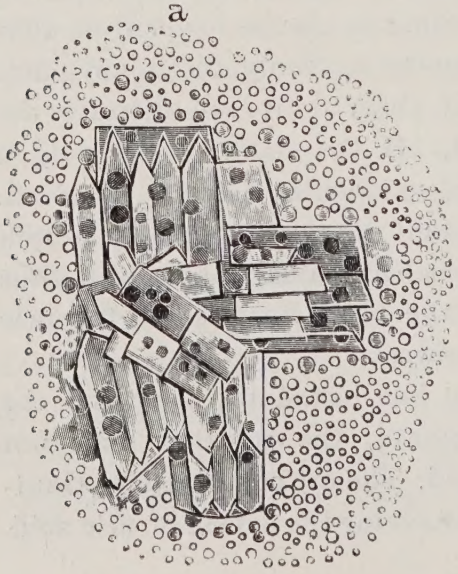
GRAVEL, RENAL CALCULI AND BLADDER-STONES.

All substances of the above description are composed mostly of pure uric acid or sometimes uric acid salts. Gravel, as the name implies, may appear in finer or coarser grains, while calculi can be the size of a pea or a hazel nut. Bladder-stones may be considerably larger still, and as far as these formations consist of uric acid, their cause comes under the head of uric acid diathesis. They are yellowish or reddish-brown, smooth and hard. Calculi composed of oxalate of lime are dark brown and have a lumpy surface; they are heavier and harder than those composed of uric acid, and are known under the name of mulberry-stones. Those calculi which are composed of phosphates, or phosphates of ammoniate of magnesia, will not often be found in the kidneys, but mostly in the bladder. They are the softest calculi, easily crushed, of a rough sandy surface and whitish or greyish in colour, Still more rare are stones composed only of carbonate of lime or of cystine.

It is not yet known why uric acid diathesis causes gout in one person and calculi only in another, producing, therefore, two distinct individual dispositions. During the passage of calculi through the ureter into the bladder the pain appears more intense than during a case of acute gout. Even the finer concretions of gravel are able to produce violent pains during their progress in the ureter by obstruction or inflammation.

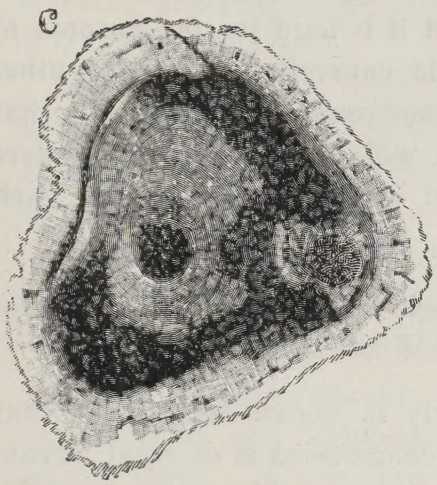
Wiesbaden Gout-water will prove, the same as in gout, to be a splendid remedy in this disease and easily able to dissolve the calculi.

a



b

a. A mass of uric acid crystals from the urine of a patient who suffered from renal calculi. After he had taken two bottles of

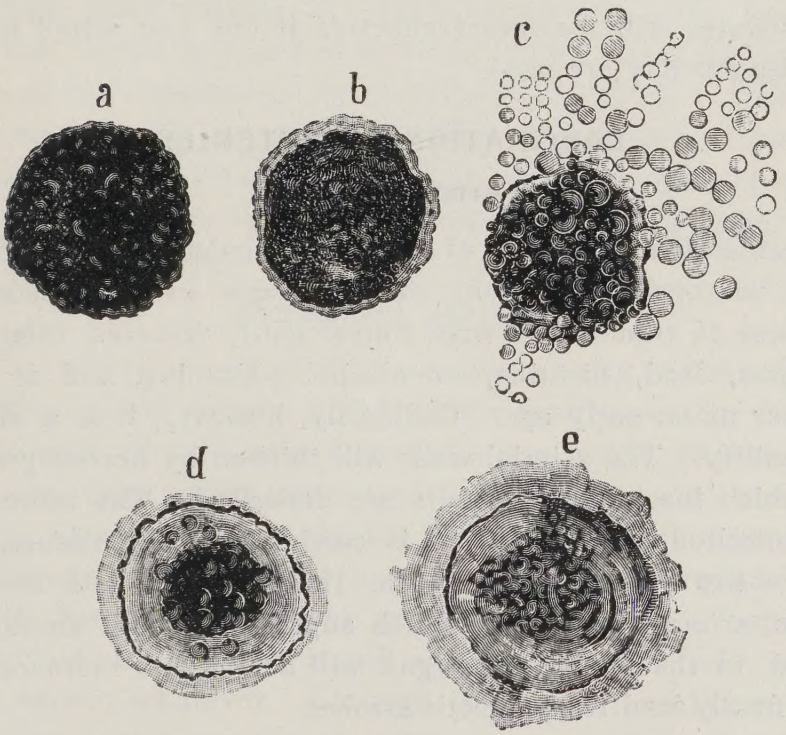


Wiesbaden Gout-water daily for several days, his urine became strongly alkaline, free from crystals and very clear. The mass of crystals was placed on a hollow slide and a few drops of his alkaline urine were added. The preparation was then placed under a glass bell to prevent evaporation. After two hours the mass was seen to be surrounded by innumerable large and small globular urates. b. The same preparation two hours later, after the globular urates have been washed away. c. Fourteen hours later. The remaining mass consisted of a soft gelatinous mass.

Enlarged 140 times.

The following experiment is very instructive :

Fig. 2.



a. Uric acid calculus (renal). This was placed in urine which had become alkaline after the use of *Wiesbaden Gout-water*. b. One hour later. c. After two hours more. d. The same after three hours more, the globular urates having been washed away. e. The stone eight hours later. What remains of the stone is a soft, transparent mass, impregnated with pigment.

Enlarged 140 times.

It has been mentioned once before that Lithium does not dissolve uric acid in the body, according to modern science,

although formerly it was thought to do so. It is obvious, therefore, that a mineral water should not be judged by the amount of Lithium it contains, if it is used for the purpose of preventing or dissolving uric acid concretions. On the other hand, it must be emphatically impressed upon the public that mineral waters containing lime will prove dangerous where inclination for the formation of calculi is present, as such mineral waters really favour it.

Therefore the great advantage of Wiesbaden Gout-water is the minimal proportion of lime it contains.

MORDHORST has proved clearly in above experiment that its action upon larger uric acid concretions is of great advantage, even during the attacks of stone colic, as it will tend to remove the calculi quicker. Besides that, its prophylactic action is very important, as it will cure uric acid diathesis and prevent the formation of gravel and calculi. As a preventive against the formation of new calculi, Wiesbaden Gout-water will be found effective if one and a-half to two bottles per day are used.

CALCINATION OF ARTERIES

(Arteriosclerosis).

Besides the formation of calculi, the calcination of arteries may be considered among those diseases which impede the renewal of tissues. It may follow gout, diabetes, infectious diseases, lead, nicotine, or alcohol poisoning, and it may appear at an early age. Ordinarily, however, it is a disease of senility. The arterial walls will thicken by fibrous growth, in which insoluble lime salts are deposited. The more lime is deposited, the less blood is carried into the tissues, and the entire organism suffers on that account. As soon as those arteries are seized which supply a certain amount of blood to the heart, this organ will deteriorate more or less, and finally lead to apoplectic strokes.

In the brain, as well, small blood-vessels will calcinate, become brittle in time and cause cerebral hæmorrhages. The calcination of arteries will sometimes appear in connection with gout, as mentioned above, and consequently Wiesbaden Gout-water will be of immense advantage. It must remain the chief endeavour to introduce into the blood

as little lime as possible, and it should be borne in mind *that ordinary drinking water contains three times as much lime as Wiesbaden Gout-water.*

During the earlier periods of life lime is useful in building up the bones, and the surplus can easily be eliminated, while in senility this is not the case, and the organism should receive as little lime as possible.

Wiesbaden Gout-water will be of great service in calcination of arteries, and will also prevent this disease.

CHRONIC NEPHRITIS.

During nephritis alkaline carbonated waters are best used as a diuretic, and Wiesbaden Gout-water may well be counted among them. In one form of the disease, where the kidney has shrunk, and in chronic nephritis as well, the dangerous ailment may be a consequence of gout. Eliminated uric acid may irritate the kidney so much that inflammation sets in, which can produce changes dangerous to life. In post-mortem examinations the gouty kidney is often found to contain triped uric acid deposits in the pyramids, and calcination of blood-vessels in the shrunken kidney itself. The latter disease may be the consequence of either gout or calcination of arteries. Wiesbaden Gout-water should be used, therefore, in order to dissolve the uric acid and lime deposits, or to prevent the same.

DIABETES MELLITIS.

This disease consists in the partial inability of the organism to utilize so much sugar as in that of a healthy person. Normal urine may contain only traces of sugar, while diabetic urine contains more or less grape sugar. This does not alone consist of the sugar taken in foods, but also of that which is contained in bread, flour, potatoes or vegetables as hydrocarbonates, which are converted into sugar in the body. Instead of nourishing it, these foods will pass through the body without any benefit whatever. Through this loss of nourishment and the chemical formation of poisonous materials, which sometimes influence the circulation for unknown reasons, serious complications may result, such as cardiac oppression, gangrene and coma diabeticum. There are two forms of diabetes—a slight one, in which sugar appears in the urine only if hydrocarbonates have been taken, and a serious one where the urine contains sugar even after the partaking of meat

only. Naturally the utmost value is placed upon the diet to be prescribed by the physician in this disease, according to each individual case. A liberal use of alkaline mineral waters has to be made in addition, in fact. I have enumerated diabetes mellitis among the diseases mentioned here, because Wiesbaden Gout-water, as proved by many examples, has largely contributed to the cure of it.

OBESITY
(Adipositas Universalis).

During the process of the renewal of tissues sometimes materials are formed in the organism which are not normal. The ordinary formation of fats may increase to an abnormal state, and organs such as the heart may suffer in consequence, This adipose tissue is formed partly from hydrocarbonates, partly through synthetic means. Obesity should be treated. therefore, chiefly by a different mode of living or diet. Wies baden Gout-water will show a marked influence for the benefit of the patient, but a teaspoonful of Wiesbaden Hot Spring Salts or Epsom Salts should be added to each glass.

CIRRHOSIS AND CONGESTION OF THE LIVER.

Through the influence of irritating materials, such as alcohol or spices, slight congestion of the liver may be produced and the same disease may appear in connection with diabetes mellitis and gout.

The chronic form of cirrhosis of the liver is produced by dipsomanial traits, as the direct consequence of alcohol poisoning. In order to drive away the ensuing constipation, Wiesbaden Gout-water is recommended.

GALLSTONES.

Gallstones are caused by catarrh of the gall-ducts, which become infested by germs and thus obstructed. The gall-stones are composed of Cholestearin, Bilirubinlime, and in some cases of small quantities of carbonate of lime. In treating the disease, lime salts must be excluded from the diet and their formation prevented through a proper prophy-laxis, but, above all, inflammation of the gall-ducts must be got rid of first. It has been proved by animal experiment, by NEUMANN, A. LOEWY, P. F. RICHTER and VON FUDOR, that a diminution of the blood alkalescence weakens the power of resistance against infection, whilst an increased blood alkalescence strengthens it.

Wiesbaden Gout-water used in gallstone diseases is, therefore, important as a means of dissolving the concretions, and, besides, it decreases the inflammation of the gall-ducts by increasing the alkalescence of the blood.

STOMACH AND INTESTINAL TROUBLES.

Wiesbaden Gout-water is used to a large extent in acute or chronic catarrh of the digestive organs. Wiesbaden Hot Spring Salts, as well, will give good results, as it contains chloride of soda, which increases the circulation and lymphatic flow. In these diseases the non-carbonized form of the Gout-water should be taken, one to two glasses warm, half an hour to one hour before meals. Where acidity of the stomach is prevalent, ordinary Wiesbaden Gout-water should be used instead, as it contains bicarbonate of soda.

Dr. MORDHORST reports a case where the patient suffered from acidity of the stomach for 30 years, which could be combated only by daily doses of 8—10 gr. bicarbonate of soda. When the patient commenced using Wiesbaden Gout-water in daily doses of three times 200 cubic centimetres, this quantity contained in all only 4—5 gr. bircarbonate of soda. After using this dose one year, the patient remained cured.

CATARRH OF THE RESPIRATORY ORGANS.

Wiesbaden Gout-water is used with good results in the above diseases, as well as Wiesbaden Hot Spring Salts. The waters will loosen the mucous detachments of acute or chronic laryngeal catarrh or coryza, and they may be beneficial even in pulmonary catarrh.

EPILEPSY.

In conclusion, I want to mention epilepsy as a disease where Wiesbaden Gout-water has been used with advantage. The epileptic spasm is effected by an irritation of the cerebral membranes, which may have been caused by traumatic influences, where, for instance, bone fragments press directly upon the brain. These depressions can be cured only by trepanning, if the exact spot is located.

Another cause of epilepsy is the accumulation of uric acid in the cerebral tissues. The ætiology of epilepsy and gout coincide in many respects. Both can be hereditary and follow alcohol or lead poisoning. It is evident, therefore, that Wiesbaden Gout-water may be useful in epilepsy.

Ackermann, managing physician of the County Asylum for Epileptics in Hochweitzschen, Saxony, says: The beneficial influence of Wiesbaden Gout-water on the violence and recurrence of epileptic fits cannot be denied, and it is obvious, therefore, that attempts should be made to increase by this water the alkalescence of the blood of epileptic patients. In summing up, I would like to call attention to the palatable taste of Wiesbaden Gout-water. It contains carbonic acid, and can be used as a table water by those persons who find alcoholic beverages detrimental to their health. One bottle may easily be taken at a meal, and it can be had free of carbonic acid for those persons who suffer from stomachic troubles. In the latter case it is generally taken more or less warm.

Patients suffering from gout, gravel or stones will have to start with two bottles daily and keep it up for some time. They may drink one glass between meal-times every one to two hours, and decrease gradually to one bottle daily. This quantity has to kept up, however, for a long time in order to entirely get rid of the ailment, and a constant use of Wiesbaden Gout-water will especially then show itself beneficial, when the stricter diet has been relaxed. In diabetes mellitis, where a little wine is allowed, Wiesbaden Gout-water may be used with it. Should there be an inclination to constipation, a heaped teaspoonful of Epsom Salts, or natural Wiesbaden Hot Spring Salts, should be taken with the first glass in the morning, especially where the patient suffers from adipose tissue.

The Wiesbaden Gout-water, therefore, is a splendid table water which may be used for years without any harm. It will show itself invaluable to all those suffering from uric acid diathesis, gout or bladder-stones.

Important to all Patients.

Use and Effect

of the Real Natural

Wiesbaden Hot Spring Baths

at Home.

All patients suffering from gout who are making a cure at home with the Wiesbaden waters or constantly use them, will do well to enhance their effect by taking a certain number of baths (about 30—50) of Wiesbaden Hot Spring water (pure, natural products). These are obtained, under the official control of the Board of Directors, by means of evaporation in specially constructed huge steam apparatus, and contain all the efficacious and soluble elements of the natural Hot Spring. These baths are sent out in normal tins of one bath each. To make a bath of the Wiesbaden Hot Spring water, dissolve the contents of a tin box in 18—20 gallons (one full bath) of hot water, and let it cool down to the desired temperature, about 100° F.

Early in the morning, on getting up, the patient takes the prepared bath, in which he is to remain at first for 10 minutes, gradually increasing by five minutes at a time, until 30 minutes are reached. During the bath the patient should move the diseased limbs or joints as much as possible, and treat them during the whole bath by using " Hot Spring Soap," rubbing, squeezing and kneading them in order to increase as much as possible the absorbing effects of the bath on the exudation. After the bath the patient should stay in bed for half to one hour, wrapped up in woollen blankets, or rest at least in a warm room, where he must be absolutely protected by blankets against cold. Should he feel sleepy, he should follow the inclination ; should he get hungry or thirsty, he should have his breakfast in bed.

The Hot Spring baths exercise a quite specific effect on the patient's body. In an extraordinarily short time the accumulation of uric acid disappears, as the hot and strengthening bath of Hot Spring promotes to the greatest extent the secretion of the uric acid overflowing in the neighbourhood of the joints, and it is a common thing to see patients, both bathing and drinking the water, who began the treatment with swollen feet, toes or knees, who could only crawl from one chair to another with the greatest pain, or had to be pushed in a bath-chair, able to walk easily after three to five baths.

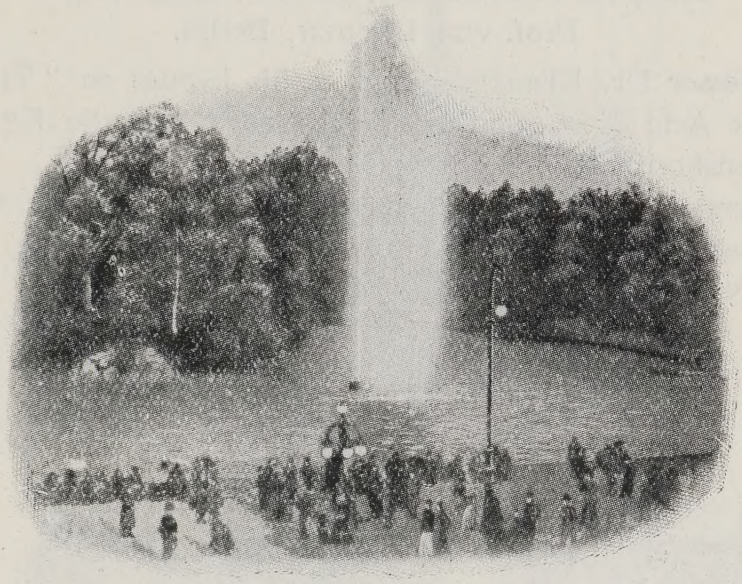
By a bath cure of about four weeks, people suffering from gout feel often for years as well as any healthy person, that is to say, they have a middle secretion of uric acid with completely bound uric acid, and are consequently free from new attacks.

The bath treatment is generally used for **gout** and **rheumatism of the muscles** and **joints, articular troubles** of all kinds, **paralysis** and **neuralgia, ischias,** as well as concretion of organs arising from old inflammation, **swelling of the joints** after injuries and inflammation, **changes in the glands with and without suppuration, affections of the bones** and **suppuration in the shins, articulations and vertebra, women's diseases, concretion of the cellular textures,** especially in the lower limbs, with and without abscesses after inflammation of the veins, **cutaneous affections, sores and abscesses, heart diseases, nervous diseases, kidney** and **bladder troubles.**

By using the Hot Spring Soap necessary for the treatment, the efficacious factors taken from the Hot Spring are led directly into the body through the skin. Beware of all imitations of the Hot Spring Soap, which is only manufactured under municipal supervision. These imitations are sold under the misleading names of **"Wiesbaden Soap," "Wiesbaden Thermal Soap,"** etc.

In all cases strict attention should be paid to the words **"Hot Spring."**

The Hot Spring baths are sent in packages of 10, 15, 20 and 30 baths each.



Cure Park.

Extracts from Countless

MEDICAL TESTIMONIALS AND RESULTS,

exclusively about patients who were treated at home.

Analytical report from the Laboratory of *The Lancet*, London.

"A litre of this water contains, according to our analysis, 8.47 grammes bicarbonate of soda and 7.50 grammes of common salts. It is practically free of lime salts, and contains but a trace of sulphates. It contains a slight excess of carbonic acid gas, so that it is gently effervescent on withdrawing the cork from the bottle. Its composition, therefore, is well suited to those requiring a course of carbonated alkaline and saline waters, and the water should be useful in the treatment of gouty disorders arising from chronic indigestion, from hyperacidity, or those connected with them, as in hepatic derangement. The dissolved carbonic acid gas present adds, probably, to its efficacy chiefly in exerting an action upon the gastric nerves. The water has the softness of salinity and taste characteristic of a natural water, which is not found in an artificial water of the same composition."

From the First Medical Clinic of Geheim-Rat.
Prof. VON LEYDEN, Berlin.

Professor Dr. Klemperer says in his lecture on "Therapy of Uric Acid Concretions of the Kidneys" (Berlin Klinische Wochenshcrift, No. 33, 1896):—

Selters, Salzbrunnen, Fachingen and many other waters are useful; Wiesbaden Gout-water $7^0/_{00}$ with NaCe and 8 $C^0/_{00}$ Na_2CO_3, is particularly to be recommended.

The Hot Spring, Wiesbaden.

Prof. BRUNNER and Prof. THOMAS, Freiburg University.

A trial with Wiesbaden Gout-water immediately gave such satisfactory results that I request you to send me another case of 25 bottles for further use.

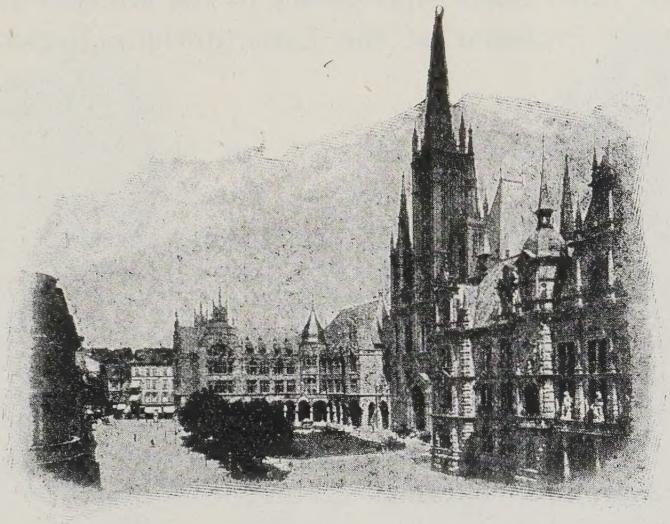
P.S.—Prof. Thomas endorses this order.

Dr. E. F., Breslau University.

I am satisfied with the result, inasmuch as the overloading of the urine with uric acid, as well as the resulting gouty and rheumatic symptoms, from which I had been suffering, have ceased, and the urine is now faintly acid and at times alkaline in reaction.

Dr. GRENZNER, Prague.

The effect is excellent. Two attacks of gout, which usually lasted eight to fifteen days, passed off with little pain in three days.



Town Hall.

From the Country Asylum for Epileptics, Hochweitzschen (Hospital for the treatment of Idiots and Epileptics, 1897, Nos. 2/3).

The managing physician, Dr. ACKERMANN, says :—

The beneficial influence of Wiesbaden Gout-water upon the violence and number of epileptic fits cannot be denied and, obviously, attempts should be made to increase the alkalescence of the blood of epileptic patients by these waters.

Case 5 can be used as an example for the favourable effect of the water. Patient has had up to 15 fits daily at home. Since Wiesbaden Gout-water has been administered, the number of fits has decreased to four or less per month. Physicians, outside of epileptic institutes, should prescribe, therefore, alkalies in the shape of Wiesbaden Gout-water for this disease.

KARL KOHN, Sillein.

Wiesbaden Gout-water I have used with extraordinarily good results.

Geh.-Rat Professor VON LEYDEN, Berlin,

said in his lecture during the Congress of Balneology, 1893 : "That alkaline waters facilitate the conversion of sugar in the body may be considered a fact." (Deutsche Med. Zeitung, No. 46.)

Dr. LENZ, Chief State Apothecary in the Ministerial Administration, Professor at the Laboratorium Fresenii, Wiesbaden.

Case 1. Urine from Mr. Cr., of New York, contained 1.45 per cent. sugar (polarimetric). Patient, since 9th December (when he forwarded sample), drank daily three to four bottles Wiesbaden Gout-water.

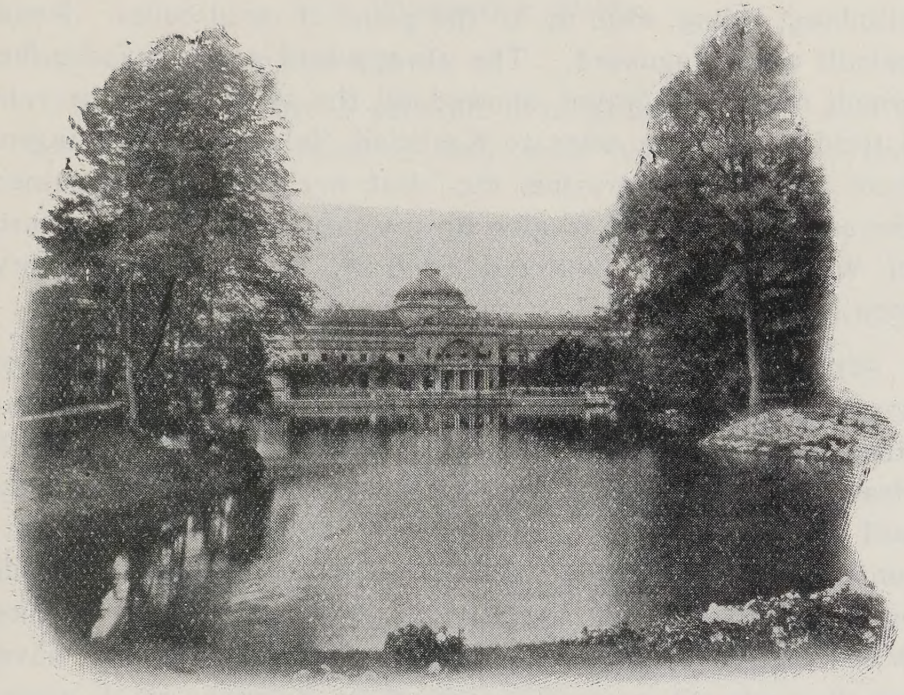
An examination on 2nd of February showed *neither albumen nor sugar.*

Case 2. Urine sent on April 17th by Mr. R., reacted *strongly acid*, and contained albumen and *sugar. The latter amounted by polarimetric test to about* 1 *per cent.* (Two to three bottles of Wiesbaden Gout-water were taken daily from 17th April.) On April 26th urine was clear, neutral and contained traces of albumen. *Sugar could not be detected in it*

Dr. TRAMPKE, Stolzenau.

The favourable result I experienced from the use of Wiesbaden Gout-water on myself—I have for many years suffered from gouty troubles—induced me to recommend it to several of my gouty patients. In not a single case did I fail to obtain a satisfactory result, the symptoms either abating considerably or completely disappearing. In one case, that of a gentleman who had for many years suffered from backache, occasional attacks of gout and extremely violent pains radiating towards the front of the body, the use of Wiesbaden Gout-water caused the elimination of several renal calculi, and since then to the present time, an interval of four months, the troubles have completely subsided. Control experiments, performed by me with other mineral waters commonly recommended for gout—Fachingen, Kronenquelle, Vichy—proved that Wiesbaden Gout-water far surpasses them in efficacy. Further, I must point out a special advantage which Wiesbaden Gout-water has over Fachingen and Vichy waters, and which I have experienced both in myself and others, viz., that the former water in no way interfered with, but rather had a beneficial influence on the digestion, whilst the latter gave rise to digestive troubles.

Stolzenau.



Cure House, as viewed from the Cure Park.

Dr. DUMS, Leipzig.

In a case of chronic pyelitis your Gout-water *has excelled all others in results.*

Dr. GRENZNER, Prague.

The undersigned requests you to forward another consignment of 25 bottles Wiesbaden Gout-water. *The effect is excellent,* and two attacks of gout, which usually lasted eight to fourteen days, passed off with little pain in three days.

Dr. L. WEISS, Strigno.

. . . . Even during the treatment of Wiesbaden Gout-water I felt better, the stomachic pyrosis and digestive troubles have gradually disappeared. The former acidity of the urine became weakly acid or neutral, and the rigidity of the joints as well, *while the pains in the tendons disappeared.* In August I could take up my practice again and, strange to relate, mostly on foot.

Dr. A. WOLLENBERG, Konigsberg.

I give you with pleasure *an account of the splendid results* which Wiesbaden Gout-water had in my case. For 10 years I suffered from pains in the right renal region, radiating on the entire right side, which increased during exercise, walking,

climbing, riding, etc., up to the point of renal colics. Renal calculi were diagnosed. The always acid and opaque urine, which contained gravel, showed all the symptoms. In vain I tried everything, went to Karlsbad, Salzbrunn, Wildungen, took Lithium, Piperazine, etc., but my condition remained the same, and I had to give up my position. When I heard of Wiesbaden Gout-water I tried it, being, however, very sceptical.

After 10 days I had used 10 bottles, and the good effect commenced to show itself. The urine contained large quantities of uric acid, lost its acidity and became abundant and clear. I continued the cure for eight weeks, using later only half a bottle per day. I was too sanguine, however, dis continuing diet and commencing my former life again, which brought back the late troubles. I commenced again to take Wiesbaden Gout-water with the former success, and have not discontinued it entirely since then, but take small quantities when the urine is neutral and clear. I have to thank Wiesbaden Gout-water for the recuperation of my health.

My experience has induced several other physicians to try Wiesbaden Gout-water in their practice, with the same results. It gives me pleasure to forward to you this account for any purpose you may see fit.

Respectfully yours,

A. Wollenberg, General Practitioner.

Dr. Pfeffer, Surgeon-General, Berlin.

It gives me pleasure to report that a gouty affection of the joints which I had been suffering from, and which led me in the first instance to try the Wiesbaden Gout-water, passed off more rapidly and readily than has usually been the case after using other mineral waters having a similar action.

Dr. Arndt, Physician in Jastrow.

Gout.

Thanking you for the 25 bottles of Wiesbaden Gout-water for my own use, it gives me pleasure to report that the carbonized water especially did me much good. It is the best Gout-water I know.

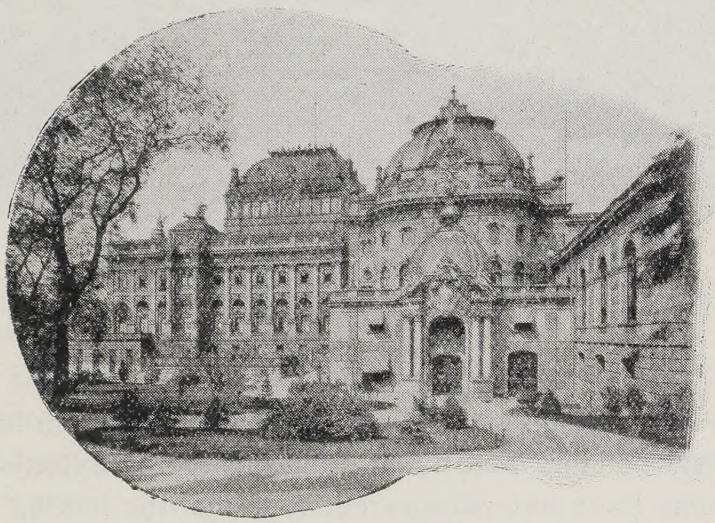
Respectfully,

Dr. Arndt, Physician, Jastrow.

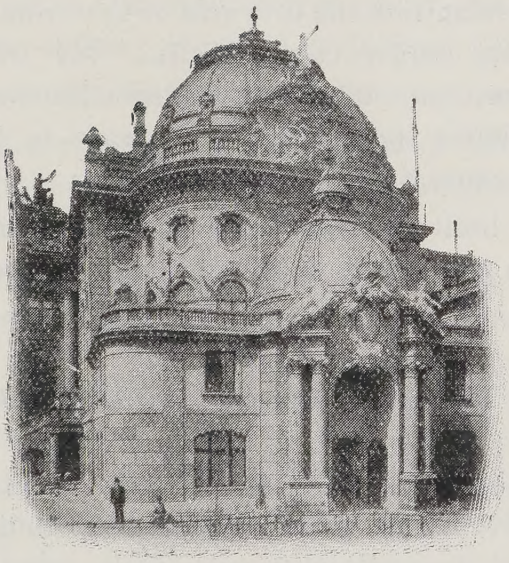
Dr. TRAMPENE, Berlin.

Gout, Podagra, Lumbago.

For several years I suffered from gouty trouble, and the favourable experiences I had with Wiesbaden Gout-water

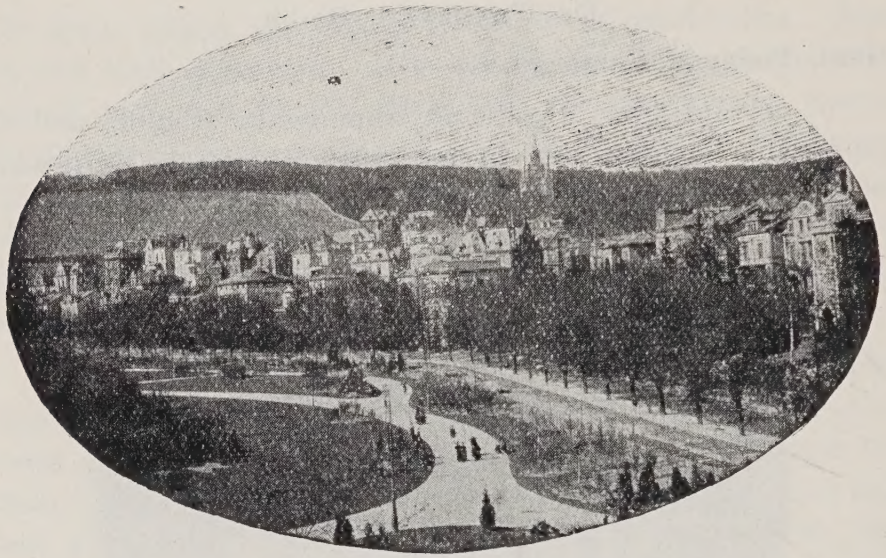


Opera House.



Lyric Theatre.

have induced me to prescribe it to several of my patients suffering from gout. Success never failed to come in any case, either a cure was effected or the patient very much relieved. Wiesbaden Gout-water caused the expulsion of



Nero Valley.

several renal calculi from a gentleman suffering from lumbago, occasional podagra and pains radiating to the external parts. Symptoms have not reappeared, four months having elapsed since cure.

Trials with other Gout-waters, such as Fachingen, Kronenquelle and Vichy, showed that Wiesbaden Gout-water was best able to precipitate the uric acid of the urine, thus influencing the process which causes gout. My own experience shows, furthermore, that Wiesbaden Gout-water does not disturb, but helps the digestion, contrary to Fachingen and Vichy, which cause digestive disturbances.

I do not hesitate, therefore, to recommend Wiesbaden Gout-water in gout, as an excellent remedy.

Dr. TRAMPENE, Berlin.

Dr. B. BRUNNER, Professor at Freiburg University.

Gout.

A fellow-physician, Dr. A. Ritschl, Freiburg, Ludwigstrasse 35, advised me to take Wiesbaden Gout-water for my gout. A trial immediately gave such satisfactory results that I request you to forward me a case of 25 bottles for further use. An old colleague of mine, Professor Thomas, also sent me three bottles of Wiesbaden Gout-water. He, too, is evidently favourably impressed with same.

Respectfully,

Dr. BRUNNER, Professor at Freiburg University.

Dr. BUDDEE, Berlin.

Gout.

Mrs. Firk, wife of a postal official, was treated by me for gout for one and a-half years. About that time she tried Wiesbaden Gout-water for the first time, with the best results. After discontinuing the use of the water for some time the old trouble came back, but a few fresh bottles stopped it. In order to obtain a radical result, I have prescribed a permanent use of Wiesbaden Gout-water for the patient.

Dr. BUDDEE, Berlin.

Dr. BAUMGARTNER, Audorf, Upper Austria.

I would like to know whether you send Wiesbaden Gout-water direct to physicians and at what price.

I use this splendid mineral water, which is universally known and often prescribed by me, for my own use, as I have been attacked by gout repeatedly, and will require the water for a long period.

Respectfully,

Dr. BAUMGARTNER.

Dr. BECK, Imperial Ottoman Staff Surgeon and Chief Surgeon to the Military Hospital in St. Jean d'Acre.

Gouty-rheumatic attacks, articular inflammation.

The really astonishing results I had with Wiesbaden Gout-water in the case of a Government official, Mr. Leop. Spielmann, from Vienna, induce me to write to you.

Patient suffered for years from gouty-rheumatic attacks, which inflamed the joints of both upper and lower extremities several times a year. By orthodox treatment and by sending the patient to different sulphur or salt springs, I could always combat the violent symptoms, but not prevent relapses. During 1896 and 1897 I prescribed Wiesbaden Gout-water, in order to give my patient every chance. Through your kindness my patient was able to consume about 100 bottles during this period. Feeling so much better, during the winter of 1896-97, he declined to go to a watering-place, in spite of my advice, but used Wiesbaden Gout-water instead. Strange to relate, the winter of 1897-98 passed without attacks, and the joints of the fingers, which were partly deformed, began to readjust themselves. Mr. S. felt very happy. He

further suffered from chronic constipation, which has also disappeared since the Wiesbaden Gout-water cure. The patient looks excellent, has increased in weight, and has a good appetite. Mr. S. would like to continue Wiesbaden Gout-water this year in order to show his gratitude, although there are no signs of attacks.

Will you send 50 bottles through your local agent ?

Respecfully yours,

Dr. Bernard Beck.

P.S.—I have observed similar good results with other patients of my practice. I have taken Wiesbaden Gout-water myself, and am very much satisfied with the result.

Russo-Greek Chapel.

Square in front of Cure House.

List of

Hot Spring Products :: and Gout-water ::

WIESBADEN HOT SPRING WATER.

WIESBADEN GOUT-WATER.

WIESBADEN HOT SPRING BATH SALTS.

WIESBADEN HOT SPRING DRINKING SALTS.

WIESBADEN HOT SPRING SALT PASTILLES.

WIESBADEN HOT SPRING SOAP.

The above products are prepared under the supervision of the Municipal Management of Wiesbaden.

London Office :

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Wiesbaden Gout-water

Wiesbaden Gout-water

Can be obtained from all Chemists, Mineral Water Dealers and Stores.

Sole Agents for GREAT BRITAIN, IRELAND, BRITISH COLONIES and POSSESSIONS:

HERTZ & Co.,

Manufacturing Chemists,

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MELBOURNE.—Grimwade, Ridley & Co.
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Hot Springs with covered walk at Wiesbaden.

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